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War Food Administration
Food Distribution Administration
Civilian Food Requirements Branch

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U.S. DEPARTMENT OF AGRICULTURE

Industrial Nutrition Service

Here's good news for the WINKS! The drop in some of the meat ration point values this month can provide one more meal with meat each week, with careful planning.

WINKS are "Women in Necessary Kitchen Service." They are important war workers too. They have the job of making the best use of available food so workers on the home front will feel well and work well.

If there are small children in the family, they need and eat less meat than older children or adults. If there are no small children in the family, it means careful planning in order to make the most of those 16 brown ration stamps.

Some PLAN should be followed for the use of the meat and ration stamps on a weekly basis. If a plan is not followed, the end of the month will find the WINK or her husband having to cross meat off the shopping list. There will not be enough brown ration stamps to stretch over the four weeks.

Just as the cafeteria manager needs to plan the meat and fat ration allotments for thousands of meals a day, the WINKS first step in stretching the meat and fat ration stamps is to PLAN.

If there are members of the family working in plants where food service is provided, you can PLAN to have five dinners in which you serve meat. Plan other dinners to include either fish, poultry, eggs, cheese or baked beans or soybeans. There are meat alternates providing protein.

If you have members of the family working in plants where no food service is available -- then you will find that the family meat dinners must be cut to three a week in order to provide luncheon meat for one meat sandwich four times a week. Other sandwiches that provide meat alternate fillings can be made from eggs, poultry, baked beans and peanut butter. You can use the cheese you purchase either for a cheese dish for dinner or for sandwich fillings.

If Aunt Emma is coming for the holidays, better remind her to bring her ration books or the number of meat dinners will have to be reduced in order to make the family ration points stretch enough to feed the visitor.

Here's how Plan Number I and Number II for the 16 point meat and fat budget for a week stack up. Plan #I includes the purchase of enough butter to give about 12 small pats per person per week: Plan #II, fortified margarine and no butter. Points can be adjusted to meet changes, but the basic plans can be still followed.

PATTERNS FOR THE UTILIZATION OF 16 BROWN RATION POINTS BY AN INDUSTRIAL WORKER

Plan I

Food	Lbs. per week	Points per pd.	
Butter (12 pats per week)	1/4	16	
Lard	1/8	2	
Salad oil and/or shortening	1/10	5	
Cheese, cheddar	1/4	10	
Rationed meats	1-1/4	7 (average)	
Total ration points required			16.00

Plan II

Food	Lbs. per week	Points per pd.	
Oleomargarine	1/4	6	
Lard	1/4	2	
Salad oil and/or shortening	1/10	5	
Cheese, cheddar	1/4	10	
Rationed meats	1-5/8	7 (average)	
			16.00

Meat Purchase Plan utilizing 11.00 brown ration points for an industrial worker who carries his lunch

Kind of Meat	Lbs. per week	Points per pd.	
Luncheon meat for sandwiches	1/2	7	
Shoulder pork chops	1/3	4	
Beef chuck pot roast	2/3	7	
Beef liver	1/4	6	
Salt pork, fat back	1/8	1	
Total ration points required			11.00

Meat Purchase Plan utilizing 11.00 brown ration points for an industrial worker who eats one meal in the plant

Kind of Meat	Lbs. per week	Points per pd.	
Shoulder pork chop	1/3	6.0	
Lamb stew	1/3	1.0	
Beef chuck pot roast	2/3	7.0	
Beef liver	1/4	6.0	
Hamburger	1/4	6.0	
Bacon	1/8	5.0	
Total ration points required			11.00

Suggested Menus for A Week*

Monday

Fruit juice
Creamed eggs
Baked potato
Green vegetable salad
Whole-wheat bread and butter
Pumkin pie
Milk or other beverage

Tuesday

Cream of spinach soup
Baked stuffed pork chops
Steamed potatoes
Whole-grain yellow corn
Whole-wheat rolls and butter
Cottage pudding with orange sauce
Milk or other beverage

Wednesday

Cream of celery soup
Baked beans with salt pork
Hot spiced beets
Cabbage and apple salad
Enriched bread and butter
Baked caramel custard
Milk or other beverage

Thursday

Fruit cup
Fried beef liver
Baked potatoes
Scalloped tomatoes
Enriched bread and butter
Chocolate cream pudding
Milk or other beverage

Friday

Cream of spinach soup
Baked haddock with creole sauce
Scalloped potatoes
Buttered green beans
Whole-wheat rolls and butter
Lemon meringue pie
Milk or other beverage

Saturday

Grapefruit - half
Pot roast of beef
Egg noodles
Spinach
Enriched bread and butter
Ice cream
Milk or other beverage

Sunday

Fresh fruit cup
Braised chicken
Baked sweetpotatoes
Buttered broccoli
Enriched rolls and butter
Cake with cream filling
Milk or other beverage

* Selected from "Planning Meals for Industrial Workers" USDA

WAR FOOD ADMINISTRATION
FOOD DISTRIBUTION ADMINISTRATION
Civilian Food Requirements Branch

To the Workers in Industrial Food Service:

BALANCING THE MEAT RATION POINTS

Many industrial cafeterias now plan to have two meatless days a week. This is one of the ways to balance the meat ration points.

Other ways include:

1. Use of meat extenders
2. Use of alternates
3. Keeping the portion of meat as served at 3½ ounces
4. Varying menus with low point value meats and high point value meats when a choice is offered
5. Offering choice of one meat filled sandwich and sandwiches made with fillings of meat alternates
6. Saving lean trimmings when preparing carcass meats and grinding them for use in meat loaves and patties, extender dishes, soup or gravy stock.

Suggested Recipe

Meat Extender

Meat Roll

Ingredients	Amount 100 portions	Amount 500 portions
Ground beef	12 lbs.	60
Ground pork	4 lbs.	20
Bread crumbs	4 lbs.	20
Eggs	14 lbs.	70
Milk	2½ qts.	3 gals.
Chopped onion	12 oz.	3 lbs. 12 oz.
Sage, ground	¼ oz.	1¼ oz.
Salt	2 oz.	10 oz.
Pepper	¼ oz.	1¼ oz.
Filling:		
Onion, chopped	1 qt.	5 qts.
Celery, diced	3 qts.	15 qts.
Cooked carrots, chopped	5 qts.	6 gals.
Salt	1½ oz.	7 oz.
Drippings	½ lb.	2½ lbs.

Size of portion - 6 ounces.

1. Mix the meat, seasonings and crumbs together. Beat the eggs, add the milk and combine with the meat.
2. Cook the chopped onion and celery in the drippings. Add the carrots and salt
3. Weigh out 2 pounds of the meat and shape into an oblong 1/3 inch thick.
4. Spread the meat with 2½ cups of cooked vegetables and roll up.
5. Bake in a moderate over (325 F) for 1½ hours.